

Godfrey M.



**Certified Personal Trainer
Master Trainer
Team Member Since: 2010
Sessions Serviced:2,000 +**

Education & Certifications

- BA in International Affairs from University CA, Riverside
- AED (Automated External Defibrillator)
- American Council on Exercise - Personal Trainer Certification
- bodybugg® Calorie Management System Certification
- CPR Certification
- National Council on Strength and Fitness - Personal Trainer
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer
- TRX Suspension Training – Certified TRX Instructor

Hobbies and Achievements

- 2012 Helio Gracie Jiu-Jitsu Blue Belt
- 2005 Flashed 5.11c rock climb in Otay
- 1996 College Judo Champion
- 1994 Silver medal in USMC fitness event
- 1993 2x Gold fitness medal vs 500 people



For more info about this trainer,
scan this code with your smart phone or visit:

24hourfitness.com/personaltraining

Club ID: 178